



# PRITIKIN'S **5-DAY** MEAL PLAN TO LOWER CHOLESTEROL

Need ideas to get started choosing food to help lower cholesterol? That's what this 5-day meal plan is all about. What's more, many of the tips and recipes are so simple that you'll whip them up in no time.



**Pritikin was the first comprehensive lifestyle program** in America, and after 43 years on the cutting edge of lifestyle science, we are still the longest-running, most successful program for combating many of modern society's health concerns, including obesity, heart disease, high blood pressure, and diabetes.

Our guests describe their experience as “transformative.” Each day they're immersed in educational and exercise classes, and physician care that inspire them with an “I can do this!” approach toward healthy living. The benefits are absolutely priceless. Find out more about the [Pritikin Program](#). 



**Scientists worldwide agree** that the single most important thing you can do to lower your risk of a heart attack is to lower bad forms of cholesterol like LDL and non-HDL. The safest, most natural way to do so is to dramatically reduce the saturated fat, hydrogenated (trans) fat, and cholesterol in your diet, and instead eat an abundance of natural, whole, high-fiber foods like fruits, vegetables, whole grains, and beans. By following the Pritikin Eating Plan people achieve phenomenal cholesterol results.



fruits  
vegetables  
whole grains  
beans



# This Pritikin Meal Plan for Reducing Cholesterol Focuses on **FOUR** Key Goals

 Maximize your intake of foods that lower blood cholesterol

 Minimize foods that raise blood cholesterol

Most of the time, choose plant proteins such as beans and tofu over meat 

Cut down on SIS - Salt, Industrialized Foods, and Sugar 



## Maximize your intake of foods that lower blood cholesterol

Foods proven to lower blood cholesterol are whole foods that are naturally rich in fiber, especially soluble fiber.

### What Soluble Fiber Does

Soluble fiber forms a gel that helps bind cholesterol in the gut, preventing its re-absorption into the body. There's less cholesterol that ends up in the blood, which means lower cholesterol numbers for you.

Eating a cup of beans each day, such as kidney, navy, pinto, black, chickpeas, or butter beans, can lower cholesterol by as much as 10% in six weeks. A review of 26 studies recently found that one serving of beans per day was linked to lower levels of LDL cholesterol as well as healthier arteries, especially in men.

### Foods Especially Rich In Soluble Fiber Are:

- ▶ Beans (also known as legumes) such as lentils, peas, kidney beans, lima beans, black beans, red beans, pinto beans
- ▶ Yams (Sweet Potatoes)
- ▶ Oats
- ▶ Barley
- ▶ Berries
- ▶ Brussels Sprouts

### Portfolio Of Foods

Indeed, scientists have repeatedly found that a “portfolio” of various soluble-fiber-rich foods was incredibly successful in decreasing cholesterol – as effective, in fact, as statins.



goal  
**ONE**



## Minimize foods that raise blood cholesterol

Eat far fewer, none is optimal:

- ❑ Saturated-fat-rich foods such as butter, tropical oils like coconut oil, fatty meats, and dairy foods like cheese, cream, and whole/low-fat milk
- ❑ Organ meats
- ❑ Processed meats such as hot dogs, bacon, and bologna
- ❑ Partially hydrogenated vegetable oils (also known as trans fats)
- ❑ Cholesterol-rich foods like egg yolks

Have you recently heard in the news that egg yolks are okay? “Don’t believe it,” cautions Dr. Jay Kenney, PhD, RD, FACN, Nutrition Research Specialist and Educator at Pritikin.

“Egg yolks are not okay,” as this [review](#) by faculty at Pritikin elucidates.

goal  
**TWO**





## Most of the time, choose plant proteins such as beans and tofu over meat

We all know that eating lean meat like skinless chicken breast is better for our hearts than fatty meats like prime rib. And certainly, lean meats like white poultry and game meat are part of the [Pritikin Eating Plan](#). 

It's a better idea to choose plant proteins over meat most of the time. That's because leaner cuts of meat, including skinless white poultry, still contain some saturated fat and dietary cholesterol. For optimal cholesterol lowering, limit lean meat to no more than once weekly, and to a 3.5-ounce serving or less.

### Plant Proteins

Plant proteins like beans and tofu are not only free of artery-clogging saturated fat and dietary cholesterol, they're also high in soluble fiber, which lowers blood cholesterol.

### Fish

Another excellent choice is fish, particularly fish high in omega-3 fatty acids, such as salmon, sardines, herring, mackerel, and trout. Choose at least 2 times weekly. If you're using canned fish, such as canned sardines, select very-low-sodium or no-salt-added varieties.

goal  
**THREE**



## Cut down on SIS - Salt, Industrialized Foods, and Sugar

### Salt

Lowering your salt intake will not directly lower cholesterol, but it can help tremendously in keeping your blood pressure in check. That's important because high blood pressure is a major risk factor for heart attacks and strokes.

### Industrialized Foods

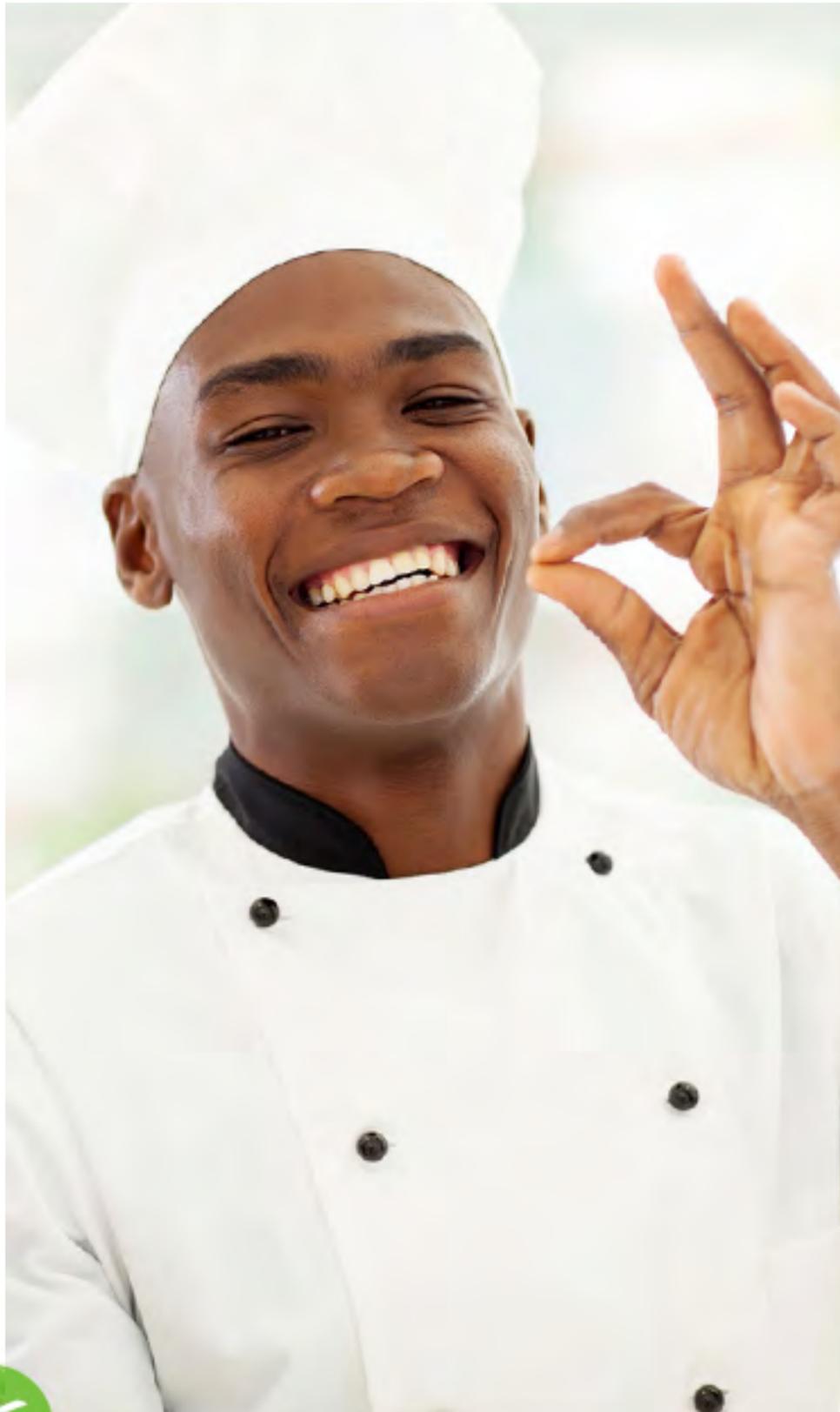
Similarly, industrialized, processed foods, from white-flour muffins to potato chips, and highly sugared foods and drinks are not necessarily cholesterol-raisers. But they can damage our arteries in a myriad of other ways, such as raising triglyceride fats, blood glucose, and inflammatory levels, not to mention packing on the pounds.

### Sugar

Many people don't realize that having type 2 diabetes, the all-too-common result of our highly processed American diet and sedentary lifestyle, dramatically increases the risk of a heart attack. What's more, the chance of dying from heart disease for people with diabetes is two to four times higher compared to those who do not have diabetes.

goal  
**FOUR**





You now know the cholesterol-lowering basics. So let's get on to the good stuff - the food!

Here's your **5-DAY MEAL PLAN TO LOWER CHOLESTEROL**, compliments of the doctors, dietitians, and chefs at the renowned Pritikin Longevity Center in Miami, Florida.





day  
**ONE**

# breakfast

## Oatmeal with Fresh Berries and Nonfat Milk or Soymilk

Oats are high in cholesterol-lowering soluble fiber. So are berries, all berries – blackberries, raspberries, strawberries, blueberries. How tasty!

## Coffee or Tea, if Desired

If you'd like, add a little nonfat milk or soymilk and/or a packet of sugar substitute. Good, proven-to-be-safe choices are sucralose (Splenda) and stevia (many brands are available, such as Truvia and SweetLeaf).





day  
**ONE**

if you're hungry

# mid-morning snack

## Baby Carrots and Broccoli with Greek Yogurt Dip

In a small mixing bowl, combine  $\frac{3}{4}$  cup plain nonfat Greek yogurt, 1 minced garlic clove, 2 tablespoons chives, 1 tablespoon lemon juice, and a few grinds of black pepper. Use leftovers as a creamy, tangy, totally healthy topping for your baked potato on Day 2.





day  
**ONE**

# lunch

## Sweet Potato with a Dollop of Dijon Mustard (Low-Sodium)

To microwave a potato, pierce the skin 5-6 times and microwave for 3 minutes on each side.

## Salad and Grilled Tofu Cubes

Toss romaine lettuce, red onions, and cherry tomatoes with aged balsamic vinegar. For the grilled tofu, mix one cup of balsamic vinegar, one table-spoon of oregano and one table-spoon of chopped garlic, place extra-firm 16oz tofu in a bowl, then pour balsamic mixture over them. Marinate for at least 30 minutes. Drain tofu and grill on both sides. Cut into cubes and combine them with the salad.



day  
**ONE**

if you're hungry

# mid-afternoon snack

## A Big, Crisp Apple

Fresh fruit every day helps your heart, a large, 500,000-person study recently found. Those who ate fresh fruit every day had about one-third reduced risk of dying from a heart attack compared to those who rarely or never ate fruit.





day  
**ONE**

# dinner

## Big Salad of Baby Greens Tossed with Pritikin Thousand Island Dressing

For this delish dressing, blend till creamy  $\frac{3}{4}$  cup plain fat-free Greek yogurt,  $\frac{1}{2}$  cup fat-free sour cream,  $\frac{3}{4}$  cup low-sodium and low-sugar ketchup,  $\frac{1}{2}$  teaspoon dried oregano, and  $\frac{1}{2}$  teaspoon garlic powder. Store for about 4 days in the fridge, depending on the expiration dates of your ingredients.

## Salmon with Sweet Chili Sauce

This entree is a huge hit in the dining room at Pritikin. And so easy to make! [View Recipe](#). 

## Garlic-Roasted Brussels Sprouts

Vegetables are great sources of soluble fiber, with Brussels sprouts topping the list. Use the leftovers as a wonderfully “meaty” addition to tomorrow afternoon’s green salad.

[View Recipe](#). 





day  
**TWO**

# breakfast

## Egg-White Omelet with Fresh Salsa & Chopped Green Onions



Even simpler than making an omelet: Cook your eggs in the microwave. Lightly spray the inside of a microwaveable bowl with oil spray like Pam. Scramble your egg whites in the bowl. Add veggies, black pepper, or no-salt-added seasoning like Pritikin All-Purpose Seasoning. Nuke, covered, for about 1 to 2 minutes, depending on the heat of your microwave.

## Half of Cantaloupe Filled with Cottage Cheese (Fat-Free, Low-Sodium)

A good brand choice for fat-free, low-sodium cottage cheese is Friendship. There are also store brands.

## Coffee or Tea, if Desired

If you'd like, add a little nonfat milk or soymilk and/or a packet of sugar substitute. Good, proven-to-be-safe choices are sucralose (Splenda) and stevia (many brands are available, such as Truvia and SweetLeaf).



day  
**TWO**

if you're hungry

# mid-morning snack

## Pear

You'll notice that for each snack, we always says "if you're hungry." At the Pritikin Longevity Center, our doctors and dietitians help people shed weight in many important ways, including helping them get in touch with their body's hunger and satiety cues.





day  
**TWO**

# lunch

## Big Salad of Baby Spinach and Roasted Brussels Sprouts

Make life easy on yourself! Use bags of pre-washed, ready-to-eat baby spinach. And top your salad with the roasted Brussels sprouts left over from last night's dinner.

## “Homemade” Barley Soup for the NonCook

Yes, you can do this! In the freezer section of the grocery store, pick up a box of Tabatchnick Barley and Mushroom Soup - Low Sodium. While it's heating up on the stove, toss in ½ to 1 cup of sliced fresh mushrooms and ½ cup chopped celery. Ladle your soup into a bowl and top with freshly diced green onions, if desired. So gourmet! So easy!





day  
**TWO**

if you're hungry

# mid-afternoon snack

## Big Handful of Grapes

Snacks are fine if you're hungry. Just be mindful of WHAT you eat. Did you know that a cup of trail mix has about 7 times the calories of a cup of fresh grapes? Keeping your weight under control can really help keep a heart attack at bay.





day  
**TWO**

# dinner

## **Meatless Burger Topped with Slices of Roasted Red Pepper**



Veggie patties have only about half the calories of red meat patties, and 0 artery-clogging saturated fat. Good low-sodium, high-soluble-fiber choices are Engine 2 Pinto Habanero and Italian Fennel, available at Whole Foods Markets.

Top your burger with slices of roasted red bell pepper. Roast 5 or 6 peppers at a time so that you can use them throughout the week on salads, in soups, or as a side dish.

Here's how: Preheat your broiler to high and roast your whole peppers under the broiler on an aluminum-wrapped tray for 15 to 20 minutes, turning every 5 minutes as their skins darken to black. Remove. Cool. Then remove skins, stems, and seeds, and slice. Refrigerate leftovers.

## **Baked Potato with the Greek Yogurt Dip Saved from Yesterday's Mid-Morning Snack**

You can also top your baked potato with nonfat sour cream and chives.



day  
**THREE**

# breakfast

## Homemade Muesli

Grate 1 apple or pear. Mix with  $\frac{1}{4}$  cup of dry rolled oats and  $\frac{1}{2}$  cup of nonfat, plain Greek yogurt. Allow to stand for 15 minutes or refrigerate overnight. Stir in a packet of Splenda or stevia, and top with a tablespoon of flaxseeds.

## Coffee or Tea, if Desired

If you'd like, add a little nonfat milk or soymilk and/or a packet of sugar substitute. Good, proven-to-be-safe choices are sucralose (Splenda) and stevia (many brands are available, such as Truvia and SweetLeaf).





day  
**THREE**

if you're hungry

# mid-morning snack

## Navel Orange or Two to Three Tangerines

It's always a great idea to eat your fruit rather than drink it. That's because liquid calories, from sodas to smoothies to fruit juices, do not curb your appetite the way that solid foods do. Take whole fruits and veggies wherever you go, and watch that bathroom scale plummet!





day  
**THREE**

# lunch

## Asian Edamame Salad

This salad is “heavy” enough to serve as a one-dish meal. It also packs some nice tang, nuttiness, and crunch. You can often find edamame (soybeans) in both the refrigerated and frozen sections of supermarkets.

For the dressing, whisk together a tablespoon of rice vinegar, a pinch of wasabi, and a teaspoon of freshly grated ginger. Toss with  $\frac{3}{4}$  cup edamame,  $\frac{1}{4}$  chopped cucumber,  $\frac{1}{4}$  cup chopped celery, and a handful of sliced radishes.

## Steamed Asparagus

It’s super-easy to cook asparagus. Just steam in the top part of a steamer until tender, about 5 to 10 minutes.





day  
**THREE**

if you're hungry

# mid-afternoon snack

## Corn on the Cob

Microwave, husk and all, for 3 to 5 minutes. Alternatively, microwave a husked ear of corn by wetting a paper towel and wringing it out. Wrap the ear in the moist towel and cook for 3 to 5 minutes.





day  
**THREE**

# dinner

## Trout Fillets with Mango Salsa

Season two 4-oz trout fillets with [Pritikin Fish Seasoning](#) or other salt-free seasonings, such as lemon pepper. Place in a 350-degree oven and bake till meat is opaque and flakes easily with a fork, about 20 minutes.

For mango salsa, combine 2 cups chopped mango, 1 cup chopped cucumber, 1 cup halved cherry tomatoes, ¼ cup finely chopped cilantro leaves, 2 tablespoons of lime juice, and half of a very finely diced jalapeno, seeds removed.



## Lettuce With Kale and Sliced Apple

Top with [Pritikin's Honey Mustard Dressing](#)

## Super-Simple White Bean Soup

Mist a nonstick pot with oil spray. Over high heat, sauté ½ lb of diced carrots till brown, stirring constantly. Add 4 cloves of minced garlic, a teaspoon of salt-free Italian seasoning, and a pinch of red pepper flakes. Stir. Add a 15-oz can of no-salt-added diced tomatoes and 1-½ cups of water. Simmer till carrots are tender. Stir in a 15-oz can of white beans (no salt added) and heat through. Finish with black pepper. Refrigerate or freeze leftovers.



day  
**FOUR**

# breakfast

## Tofu Scramble



The night before, press 4 to 6 ounces of extra-firm tofu to drain water. In a small bowl, combine a little balsamic vinegar, dry oregano, and minced garlic. Pour over tofu. Marinate overnight. Come morning, sauté sliced onions and green bell pepper in a nonstick skillet until softened. Add tofu, crumbling it into bite-sized pieces. Cook till slightly browned, about 5 minutes.

## Half Whole-Grain Bagel, Toasted

Top with nonfat ricotta cheese and sliced strawberries.

## Coffee or Tea, if Desired

If you'd like, add a little nonfat milk or soymilk and/or a packet of sugar substitute. Good, proven-to-be-safe choices are sucralose (Splenda) and stevia (many brands are available, such as Truvia and SweetLeaf).



day  
**FOUR**

if you're hungry

# mid-morning snack

## Banana

Pay no heed to fad diets telling you to avoid fruit. Consistently and strongly, science has found that whole fruit (not fruit juice) can do wonders for our waistline.





day  
**FOUR**

# lunch

## Toasted Barley Salad with Mixed Veggies



Place ½ cup of pearl barley in a large saucepan. Cook over medium heat until pale golden, shaking pan occasionally, about 10 minutes. Add 1-½ cups of low-sodium vegetable broth to pan. Bring to boil. Reduce heat to medium-low. Cover and simmer till barley is tender and broth is absorbed, about 35 minutes. Uncover. Let barley cool.

Toss cooked barley with romaine lettuce, sweet onions, fresh mushrooms, and red bell pepper, all chopped. Mix in a zesty dressing that's low in fat, sugar, and sodium, such as Pritikin's [Horseradish-Balsamic Vinaigrette](#). 

## Vanilla Yogurt with Fresh Blueberries

Nonfat, no-sugar-added, 1 cup of vanilla yogurt with fresh blueberries.





day  
**FOUR**

if you're hungry

## mid-afternoon snack

### Celery Sticks with Pineapple Hummus Dip

Many store-bought hummuses pack in about 400 milligrams of sodium per half cup; this deliciously tangy Pineapple Hummus Dip has one tenth the sodium.

For the pineapple hummus dip, puree in food processor 15-oz of canned, no-salt-added, drained, garbanzo beans, 1/4 cup lemon juice (adjust according to taste), 1 tablespoon of fresh minced garlic, 2 tablespoons of fresh chopped Italian parsley leaves, 1/4 cup chopped fresh dill, 1 cup diced pineapple, fresh or canned, no-sugar-added, 1 dash of tabasco sauce, and 1/2 cup chopped celery.

If mixture is too thick, add 1 tablespoon water. Serve with the celery sticks.





day  
**FOUR**

# dinner

## Black Bean Soft Tacos



Light mist with oil spray a small, nonstick pan. Sauté 1 diced onion until soft, about 3 minutes. Stir in a teaspoon of minced garlic and a teaspoon of chili powder. Add one 15-ounce can of no-salt-added black beans, including liquid. Simmer for 5 minutes. Spoon about a third of your beans into 2 warm corn tortillas. Top with shredded cabbage and fresh lime juice. Save remaining beans as a delish addition to your next green salad.

## Roasted Red Peppers and Browned Onions

Use the extra peppers you roasted on Day 2 and combine with a big, sliced onion that you've sautéed on the stove. Season with black pepper and garlic powder.





day  
**FIVE**

# breakfast

## Oatmeal with Fresh Berries and Nonfat Milk or Soymilk

Whatever type of oatmeal you buy, always read the ingredient list to make sure there is no added sugar or sodium. Instant oatmeal (especially single-serving packets) are often high in added sugars and sodium.



day  
**FIVE**

if you're hungry

# mid-morning snack

## Salad in a Second

At the market, pick up bags of pre-washed, pre-cut salad greens and veggies. When hunger hits, just pour the whole bag into a big bowl and toss with really good aged balsamic vinegar.





day  
**FIVE**

# lunch

## Veggie and Red Bean Soup



A bag of Mann's Power Blend Veggies has 10 ounces of shredded, ready-to-use veggies full of cholesterol-reducing soluble fiber, such as Brussels sprouts, cabbage, broccoli, carrots, and kale. Pour the whole bag into a stockpot along with a can of red beans (no salt added), 1 to 1.5 quarts of low-sodium vegetable broth, minced garlic, and 2 teaspoons of salt-free seasoning like Pritikin's All-Purpose Seasoning. Bring to a boil, then simmer for about 20 minutes.

If you can't find Mann's, another good choice is Trader Joe's Organic Power Greens.

## Brown Rice

Don't want to spend 40 minutes cooking brown rice? You don't have to anymore. Many stores carry freshly cooked brown rice or single-serving bowls in the rice/pasta section that need just 60 to 90 seconds in a microwave. Just make sure you're getting pure rice (no sodium or other ingredients in the Ingredient List).



day  
**FIVE**

if you're hungry

# mid-afternoon snack

## Baked Sweet Potato with Greek Yogurt

Baked sweet potato with nonfat, plain Greek Yogurt swirled in.

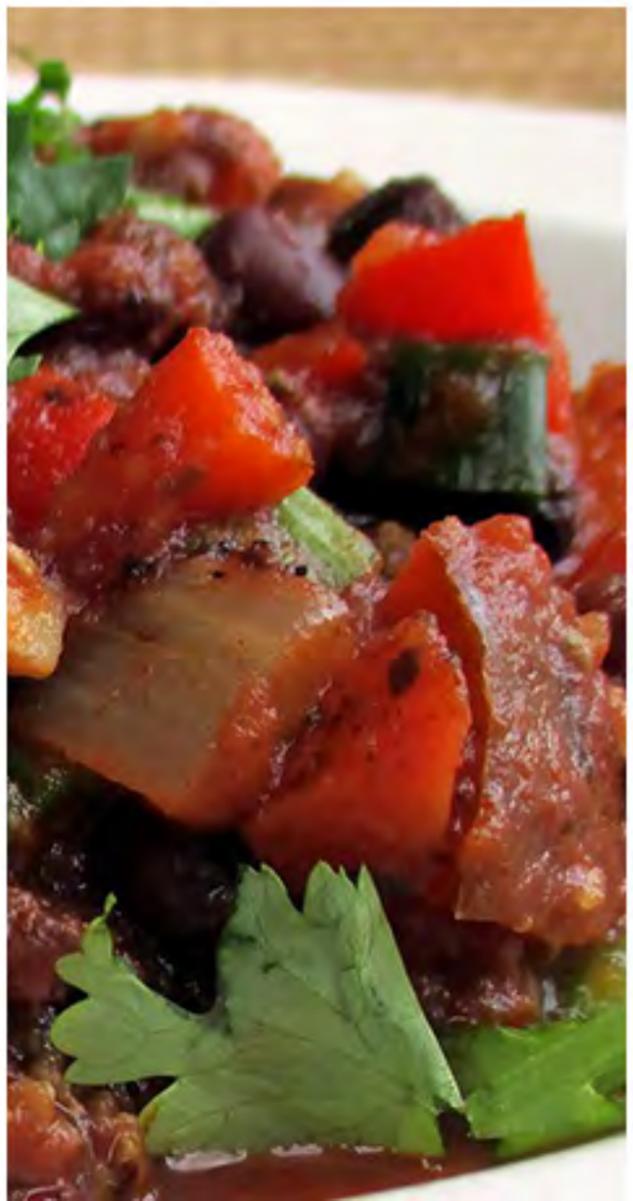




day  
**FIVE**

# dinner

## Pritikin Caesar Salad



At many restaurants, a seemingly harmless Caesar salad can pack in 1,000 calories and more! Enjoy a great-tasting salad, and for only about 1/10 the calories, with Pritikin Caesar Salad. [View Recipe](#) 

## Vegetarian Chili

Slow but oh-so-good cooking. Rich in red beans, it's also oh-so-good for lowering your cholesterol.

[View Recipe](#) 





Launch Pritikin 5-Day Meal Plan To Lower Cholesterol today! Better yet, go all the way. Transform yourself with a trip to the Pritikin Longevity Center. You'll not only lower cholesterol, you'll discover just how amazing living well can feel.

[WWW.PRITIKIN.COM](http://WWW.PRITIKIN.COM)